

Elite Heat All Stars

April 15 - May 16

No practice April 29 - May 2

COST: \$85 per athlete

\$45 for Summit and Worlds Athletes

**Must sign up for Flight School SEPERATELY. Spots are limited.
Athletes must attend properly leveled sessions.*

Monday	Tuesday	Wednesday	Thursday
5:30-7:30 Beginner/Level 1 & Strength & Conditioning	5:30-7:30 Level 2 & Flyer Training/Flexibility	5:30-7:30 Beginner/Level 1 & <i>Flight School*</i>	5:30-7:30 Level 2 & Strength & Conditioning
7:30-9:30 Level 3	7:30-9:30 Level 4 & 5 & Flyer Training/Flexibility	7:30-9:30 Level 3	7:30-9:30 Level 4 & 5

Flyer Training/Flexibility: A class designed for all level athletes interested in the position of flyer in the 2018-19 season. Athletes will work flexibility, strength, body positions, timing, switching and twisting drills.

Flight School: An opportunity for flyers with previous level 2 or higher flying experience to perfect and progress stunts working with experienced bases. Flight school is \$30/session and must be purchased separately.

